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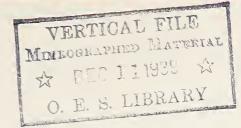
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(Note to editor - This is a summary of The Market Basket for November 29, 1939.)



November 28, 1939.

## FOODS CHOSEN WISELY GIVE ENOUGH VITAMIN A

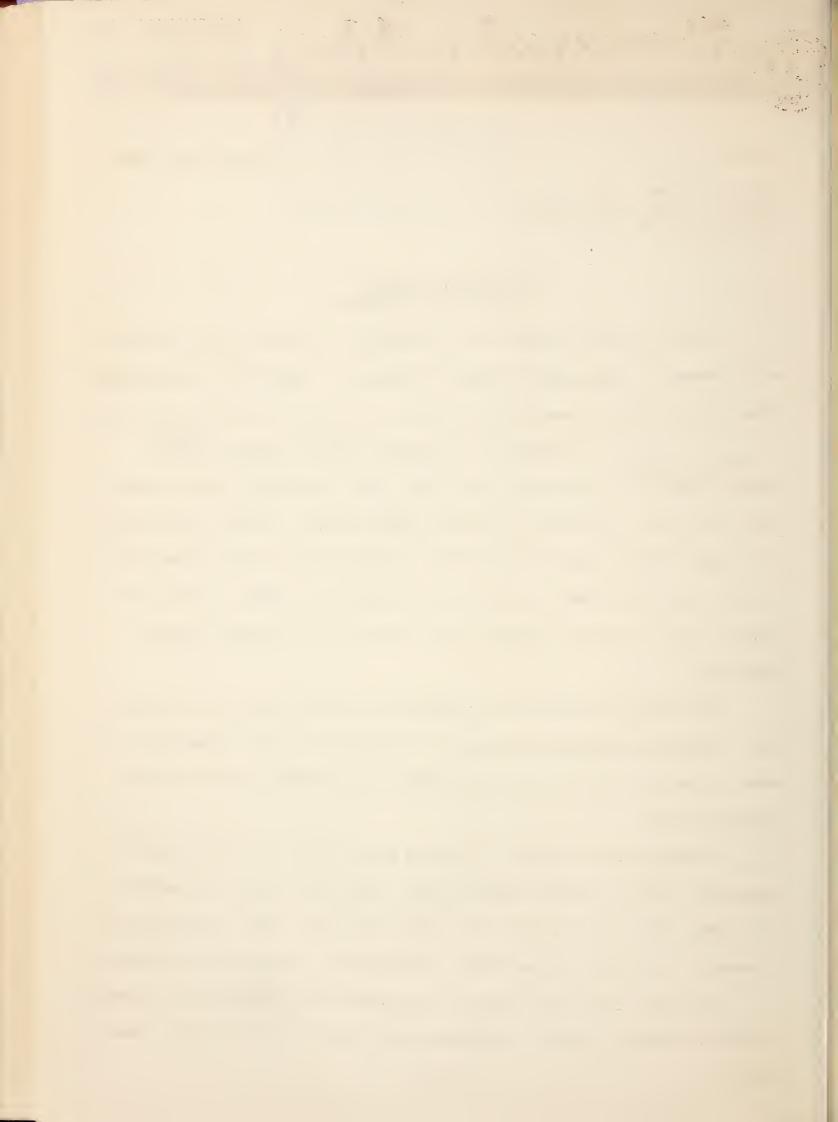
When diets are too low in vitamin A it is often possible to include this vitamin in sufficient amounts, not by spending any more money but by a wiser choice of foods, Nation-wide studies by the Federal Bureau of Home Economics show.

Richest natural sources of vitamin A are livers of various animals, especially those of certain kinds of fish. There are substantial amounts of it in whole milk, cream, butter, egg yolks, and cheese made from whole milk or cream. Oily fish, such as salmon and sardines, also contribute vitamin A.

In plants, green and yellow often indicate that carotenes are present.

These are pigments that are transformed into vitamin A in the body. Green,

1649-39 (more)



leafy vegetables - kale, spinach, different kinds of greens, for instance, are excellent sources of carotene. In leafy head vegetables, such as cabbage and lettuce, the greener the leaves the richer they are in vitamin A, points out \_\_\_\_\_\_.

Of the "yellows," yellow carrots, yellow-fleshed sweetpotatoes, and Hubbard squash are good vegetable sources. So are the yellow-fleshed fruits, such as apricots and peaches.

For all practical purposes, vitamin A may be considered fairly stable. In general, rapid cooking and the usual home and commercial canning methods do not materially destroy vitamin A.

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